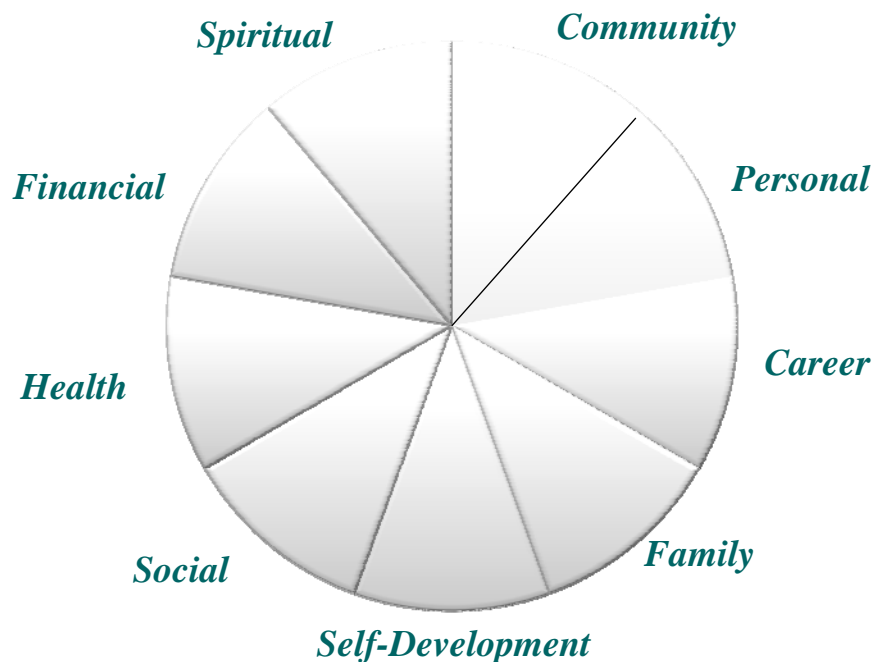


Life/Balance Planning Wheel

In order to make basic decisions about our lives; it's helpful to have a planning model. A life/balance planning wheel will help you to visualize the balance between life's major areas. Each wedge represents a different area and the completed chart graphically represents your whole life.

One by one make a general, intuitive assessment of each category. How do you feel right now about each part of your life? What is your level of satisfaction in each area? Shade in each section of the wheel based on your relative satisfaction with that particular area.

No shading: completely unsatisfied
Partial shading: somewhat satisfied
Mostly shaded: satisfied
Completely shaded: completely satisfied



Is there a substantial dent in the shape of your wheel? Is your wheel fairly round? Is your wheel very small? What is the general "shape" of your life? To begin to establish a new balance in your life, take the Reality Vs. Vision challenge. In each category, write down where you are now (reality) and where you would like to be (vision).

Most of us know we need more balance in our lives. In a recent survey, more than half of the respondents said they would take less money to have more time. Begin today by planning a life strategy with goals based on healthier and more balanced daily living.



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